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Acknowledgements

To Dr. *E.S. Stern* for his helpful support over a period of many years, and to *Sister Sharp* and the nursing staff for their intuitive and skilled awareness of the needs of emotionally disturbed patients in the setting of the early treatment unit.

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Can I Know My Hands?

Can I know my hands?
These strange extremities
That grab and hold and carry
The burden of my world.

Can I know them?
So strange, alone
Ignored, so instrumental
And unawarely so.

Until another touches
Holds – for comfort
Plays, greets, lingers
Presses away the pain
Caresses, for the need to caress.

Then they are not extremities
And are not strange
Nor am I strange to what I am
Or who I am
Or why I am.

I can know my hands
In the close, close touch of you
And your hands, too.

Meyer M. Cahn
San Francisco

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